

## Volunteers: The heart of our community

By Col. Doug Richardson  
48th Fighter Wing commander

The word "volunteer" is one we all recognize and understand. After all, every member of our armed forces is a volunteer.

This month, however, we pay tribute to a special kind of volunteer who's often overlooked in our day-to-day operations. Although they're not paid for their work, their absence would have a very serious impact on our quality

of life, and in some cases, our ability to get the mission done right.

These volunteers are the hundreds of men and women at RAF Lakenheath who are present in dozens of organizations throughout the Liberty Wing. Working within organizations such as the base hospital, library, youth center, chapel, American Red Cross, the retiree affairs office, the family support center and many more, these selfless people give their time and skills free of charge so

that our community is a better place. It's because of this selflessness that our volunteers really make up the heart of our community.

We have planned many activities for volunteers this month to recognize them for their outstanding efforts and support. If your unit has volunteers, make sure to take the time to show them your appreciation — do something for them, not just during National Volunteer Recognition Month, but all year round. They deserve

no less for all they've contributed. The family support center has tons of ideas on how you and your unit can do this.

Volunteers are a special part of our community. They're often behind the scenes in jobs that may not get a lot of visibility or recognition, but they're as vital to the mission as their active-duty volunteer counterparts. Let's use April as an opportunity to celebrate their contributions in helping the Liberty Wing become the USAFE's best community!

## Education is key to combating terrorism

By Maj. Dean Tow  
Local AFOSI commander

As the tragedies of Oklahoma City and Khobar Towers, in which Americans lost their lives in terrorist bombings demonstrated, all of us must continue our efforts to combat terrorism. In order to better combat terrorism, we need to understand the objectives and methods of terrorist groups and

how we can minimize our risk to terrorist attack.

Generally, terrorists are dedicated, well-educated people who believe they are participants in a dynamic social or political process. These people cannot achieve the changes they desire through the normal political process.

Most acts of terrorism are committed to gain publicity for an organization and to achieve political goals, or to obtain arms or financing for future operations. By performing sensational acts that attract media attention and outrage from the public, terrorists seek a government reaction that will further their cause. For example, if terrorists are alleging that the government is oppressive, they may bomb a public square to cause mass casualties. They hope the government will restrict public freedoms (perhaps in the interest of safety) but which the terrorists will characterize as government oppression. By turning the people against their own government, the terrorists hope to start a revolution that will leave them in power.

Most terrorist operations are planned in detail and carried out with practice runs and rehearsals to insure success. Terrorists seek to exploit the target's vulnerabilities and, with the exception of suicide attackers, minimize their own risk.

For the most part, terrorist attacks are limited to six basic forms: bombings, assassinations, armed assault, kidnapping, barricade and hostage situations, and hijackings. Bombings are the most common. All are, in their most basic form, simple criminal acts. The manner in which they are carried out, the victims who are targeted, and the desired media and political outcome are the only differences between terrorists and common criminals.

To reduce terrorism and crime we must all help our military and host-nation security forces. By improving our personal awareness and using common-sense practices, we can help prevent criminal and terrorist attacks.

Without opportune targets, would-be perpetrators turn their attention elsewhere. As you lessen your personal vulnerabilities, you reduce the likelihood that you will become a victim.

Here are various measures you can take to lessen your vulnerability both on and off base:

☐ Do not discuss your military affiliation with strangers.

☐ Learn about the area, the culture, local customs, history or criminal activity and local laws.

☐ Lower your profile by wearing clothing that blends with your environment. Avoid distinctive American attire like American sports team clothing and baseball caps. This not only benefits your personal safety, but also fosters better host nation relations.

☐ Stay away from known "trouble spots," demonstrations, and political rallies.

☐ Do not flash large sums of money.

☐ When traveling, avoid military-style luggage such as B-4 bags and duffel bags.

☐ One man's trash is another man's treasure. Remember this when discarding personal documents, such as bills and statements, which could establish patterns of where you shop, bank and have your car repaired. Terrorist groups and other hostile intelligence collectors have used this as an easy way of gathering information.

☐ Keep your official passport and related documents in a secure place.

☐ Keep your vehicle locked and vehicle registration out of sight when off-base. Park in secure lots when possible.

Although the terrorist threat in the United Kingdom is low to Americans, terrorist groups operate within the United Kingdom and have targeted government offices, installations, airports and city centers. Americans traveling within the United Kingdom need to be aware of their surroundings and heed all warnings by the police. For travel through other European countries, AFOSI Det. 512 has travel briefings available. For more information, call Ext. 1852.

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<http://www.lakenheath.af.mil/current/jet48.htm>

### On the cover

Photo by SSgt. Steve Ball

**Volunteer Cristal Grebner helps SrA. Adam Despres with a framing project at the arts and crafts center. For more on volunteering, see pages 12 - 14.**

## Two from wing selected for brand new AF unit

Two RAF Lakenheath members have been selected to be part of the 820th Security Forces Group, the first force protection unit of its kind in the Air Force.

MSgt. Tony Legg and TSgt. Rick Parsons, both from the 48th Security Police Squadron, were selected to work at the group headquarters at Lackland AFB, Texas.

The 820th will provide a highly-trained, rapidly-deployable "first-in" force protection capable of deploying to any operating location.

"The 820th gives the Air Force a totally dedicated composite unit for force protection, drawing from many disciplines, not just security forces," said Brig. Gen. Richard A. Coleman, director of Security Forces, Headquarters U.S. Air Force, Washington, D.C.

"It is the first time a composite unit has been built that solely focuses on security and force protection," said Lt. Col. Larry Buckingham, 820th commander. The unit is composed of personnel from security forces, Office of Special Investigations, civil engineering, logistics and supply, communications, intelligence, administration, personnel, and medical career fields, "giving us the capability to assess each threat and act accordingly," Buckingham said.

"I'm really looking forward to working di-

rectly with people from the other career fields," said Parsons. "I'm sure it will give me a better picture of the whole Air Force concept and what other people do."

While the activation of an organization itself isn't new to the Air Force, there are a few things that make the 820th stand out. Mindset is one thing.

"We're shooters first," said Capt. Don Derry, S-3, 820th operations officer. "Everyone will be trained in all combat operations to defend our assets," he said. Once the group secures an area, "they'll slip into their specialties," Derry said.

This mindset, however, shouldn't lead anyone to believe the group is Special Operations. They're "purely for force protection," according to Buckingham.

"We'll be looking at all threats" he said, "from medical needs and what's in the water to the local population and whether or not they want us there. We're looking at the whole environment, not just the 'bad guys.'"

While this unit isn't the Air Force's equivalent of the U.S. Army Rangers, it appears as if a

background in that arena is helpful. The commander and a number of his staff, including Parsons, have served as special forces and rangers. Some have also served as exchange students with an RAF Regiment, where a stint begins with a six-month infantry school.

Although a resume in weapons, sensors and communications may be helpful, members aren't required to arrive fully trained. All personnel will attend just about any school they can get their hands on, according to Coleman. "I had to whittle down my wish list," he said with a chuckle, "or else nobody would get a day off."

The few who would contemplate joining the 820th should be warned: this is no picnic. When the forces are at Lackland, their days will begin with three hours of physical training.

While this would be a couch potato's nightmare, the number of days each member will spend on the road won't be conducive to a sedentary lifestyle either. Buckingham anticipates each person will spend between 120 to 180 days on the road annually.

"It's really a great opportunity to be part of this new program," said Legg. "At the headquarters we'll be responsible for setting up all-new training pro-

**"We'll be charting new ground and doing it with some of the best people in the Air Force."**

MSgt. Tony Legg



grams to ensure members of the group are prepared to set up an operating location. We'll be charting new ground and doing it with some of the best people in the Air Force."

"Anyone below the top one percent in the Air Force isn't coming here," Buckingham said.

The 820th has yet to receive all its assets and the various flights around the states won't be complete until October. That first week in October will see all flights, a total of about 440 people, together at Fort Polk, La., for a joint exercise, according to Buckingham. There the Air Force will train with the Army, and possibly the Marines, and will be under the operational control of the Army's 82nd Airborne, according to the 820th commander.

While the joint exercise or even daily operations of the force protection group won't be for the weak at heart, the 820th personnel have a different view. In unison, Buckingham and Derry both say that the activation of this force "is a dream come true." (Story compiled from local and AFNS sources).

**"I'm really looking forward to working directly with people from the other career fields."**

SSgt. Rick Parsons



## Lakenheath sponsors EIC rifle match

The 48th Security Police Squadron combat arms training and maintenance staff sponsors an Elementary Level Excellence in Competition rifle match May 3 at the combat arms training center at RAFFeltwell.

The competition is open to all U.S. active-duty, National guard, and Reserve members who have not already earned credits toward the Distinguished Rifle Shot Badge.

"This is only the second time Lakenheath has sponsored this type of match," said MSgt. Tony Legg, 48th Security Police Squadron. "In the previous match we had competitors from all over the U.K. and

Europe representing Air Force, Army and Navy active-duty, Guard and Reserve units."

During the match, competitors will have 10 rounds to zero their weapons and will then fire 50 rounds from four positions at a "reduced" target at 25 yards. Maximum score is 500.

To earn a bronze Excellence in Competition medal and four points toward Distinguished Rifle Shot Badge, shooters must be in the top 10 percent of all shooters in the match and score a 455 or better.

"We have 192 slots available for competitors," said Legg. "This will allow us to authorize 19 medals if we fill all shooting positions."

Those who earn medals will receive them from the Air Force with their name and date earned engraved on back. The medals are authorized for wear in uniform.

"I'm optimistic that this year's competition will be highly successful and the start of an annual competition at Lakenheath," said Legg. "Our ultimate objective is to give people an incentive to become proficient in a military skill, have some fun and a little friendly competition."

Registration begins Monday and is on a first-come, first-served basis.

To sign up, call Ext. 7066 or 7026.

# Tuesday is bus safety day

## Schools focus efforts at individual ages and encourage students to 'Take 5'

Department of Defense Dependents Schools Europe has designated Tuesday as Spring 1997 Bus Safety Day. A special awareness program for all students has been built around the theme, "Take 5 for Bus Safety."

Spring 1997 Bus Safety Day is a joint effort sponsored by Dr. John E. Davis, DODDS European area superintendent, in partnership with Terry R. Fuglsang, DODDS European transportation management office chief.

In announcing the day, Davis noted that studies show student passengers are especially vulnerable to accidents and injuries as they return to school following the spring recess period. He said the goal for the day is to refocus the attention of all students on school bus safety.

"Take 5 for Bus Safety" has a dual meaning. Time is being set aside – "Take 5" – from the regular schedule of instruction and activities for students to think about bus safety. Davis said that students can get to and from school safely, but to do so they have to keep their minds alert and actively pay attention to and follow steps that will protect them.

The second meaning of the theme for the day is "Take 5" basic safety rules and apply them. Fuglsang noted that DETMO has "boiled down" the rules for riding the bus into five core steps. He stressed that experience shows that when students consciously and fully use the basic "5," most accidents and injuries are avoided.

DETMO's "Take 5 for Bus Safety" rules are boxed below.

The program for the day is tailored to the needs and capabilities of students. Kindergarten through grade four students (those aged 5 to 9) will see a new safety training video. It

is an award-winning bus safety film produced by the National PTA. Fuglsang described it as a "big hit" and said that National PTA authorized DETMO to adapt it for use in the DODDS European system. He said it is especially effective in teaching bus safety to K4 students who, as a group, "are the most vulnerable to accidents and need the most help."

For middle- and high school-level students (grades 5-8 and 9-12), DETMO has developed book marks that feature the "Take 5 for Bus Safety" rules. The book marks will be used to reinforce bus safety training given to middle and upper level students.

At RAF Lakenheath, the DODDS district transportation office staff will pass out activity sheets with pictures and games for students to color and play to help raise awareness, according to Gary Carter, United Kingdom DODDS district transportation supervisor.

"We work with the children on a regular

basis to ensure they are aware of school bus safety rules," said Carter. "It's also important that parents are aware of potential problems and their responsibilities."

"Parents need to take their children to and from bus stops. It's ultimately their responsibility to ensure their children get on and off the bus safely."

Davis said that Bus Safety Day reflects the commitment of all in DODDS Europe to "do all that we can to make riding the bus a safe process for our students."

The day is a major undertaking and involves presenting the program to more than 50,000 students at 129 schools in 10 countries from Iceland to Spain and from the Azores to Bahrain. He said the day is a team effort by teachers, principals, and DETMO school bus office personnel to instill the five basic rules in the mind of each student.

"If we can prevent even one accident," he added, "we will have reached the day's goal." (Story compiled from local and USAFE News Service sources)

***"We work with the children on a regular basis to ensure they are aware of school bus safety rules. It's also important that parents are aware of potential problems and their responsibilities."***

***Gary Carter  
United Kingdom DODDS  
district transportation supervisor***

## "Take 5 for Bus Safety"

1. Be on time – walk, don't run to bus stop.
2. Wait for the bus three steps back from the curb.
3. Take your seat on the bus and stay in it.
4. Get off the bus, take three steps away, and wait for the bus to leave.
5. Never go in front of or behind the bus.

## 48th Fighter Wing receives AF Outstanding Unit Award

The 48th Fighter Wing earned the Air Force Outstanding Unit Award. Members assigned to the wing at any point from July 1, 1994 through June 30, 1996 are authorized to wear the award.

## Oelstrom to get third star, command of AF Academy

RAFMILDENHALL, United Kingdom – Major Gen. Tad J. Oelstrom, 3rd Air Force commander, has been nominated by the president for appointment to the grade of lieutenant general and reassignment to become the superintendent of the U.S. Air Force Academy, Colorado Springs, Colo.

Secretary of Defense William S. Cohen announced the news Friday at the Pentagon. The nominations will go before the U.S. Senate for approval.

If approved, Oelstrom will replace Lt. Gen. Paul Stein, who retires in September.

"General Oelstrom is an exceptional choice to be the 14th Superintendent," said Stein. "He will bring a wealth of command, staff and aviation experience to the academy."

Oelstrom has served as 3rd Air Force commander since July 1995. During that time, 3rd Air Force has grown significantly, taking on responsibility for all U.S. Air Force bases, people and operations north of the Alps and across sub-Saharan Africa.

Oelstrom is a 1965 graduate of the Air Force Academy. A command pilot with more than 4,000 flying hours, including 240 combat missions, he has previously commanded three wings and a squadron. He and wife Sandra have three daughters.

Named to replace Oelstrom as 3rd Air Force Commander is Maj. Gen. William S. Hinton Jr., who is currently the deputy commander of the 6th Allied Tactical Air Force, Izmir, Turkey. He is a command pilot with more than 4,200 flying hours and 297 combat missions.

His command experience includes the 58th Tactical Fighter Wing, an F-16 unit at Luke Air Force Base, Ariz., and the 366th Wing, a composite wing at Mountain Home Air Force Base, Idaho.





# New AETC commander sets priorities

*Basic training, recruiting, education, technical training and flying are order of business*

By SSgt. Toni Governor  
AETC Public Affairs

RANDOLPH AFB, Texas (AFNS) – Assuming responsibility for more than 57,000 men and women may seem an overwhelming task for some, but not for Gen. Lloyd W. “Fig” Newton. The new Air Education and Training Command commander spoke enthusiastically about his priorities for the command during a recent interview.

“There’s no question about it; we have to continue to place a lot of emphasis on quality of life for our people, such as housing,” said Newton about the challenge to address quality-of-life concerns. “We also have to look very closely at our (operations) tempo and ensure it is in balance with our goal of 120 days of temporary duty assignment per year per individual. We have to look at those unique specialties which require some of our people to exceed that goal, and evaluate each of these situations as they occur. Then we need to make sure people understand the reasons why they are deployed so often.

“It is very important that we ensure that we continue to create an environment that is appropriate for people to work—both physically as well as socially,” Newton added. “The treatment of our people around the command must be the number-one priority for all commanders in AETC. As it’s been said so many times before, ‘without people, we can not get the mission accomplished.’ It doesn’t make any difference how sophisticated or capable the equipment may be; you still need top-notch personnel to operate it.”

“We must ensure we get the maximum capability out of all our people. If we do not, we’re going to fall short of the command’s objective of providing well-trained men and women for the Air Force. This is the emphasis from the chief (of staff) and secretary (of the Air Force), and it will certainly be my emphasis as well. People first in all that we do.”

Newton is determined to learn



***“I want to initially focus on the training side of the business, with basic military training and recruiting as my two top priorities, followed by education, tech training and then flying training.”***

*Gen. Lloyd Newton  
AETC commander*

as much about every facet of AETC as quickly as possible.

“I want to initially focus on the training side of the business, with basic military training and recruiting as my two top priorities, followed by education, tech training and then flying training,” said Newton a command pilot with more than 4,000 flying hours. “The reason I put them in that order is because I feel I know more about the flying training part of the business than the other areas. It doesn’t mean flying training is any less important, but I will understand that part of the mission a lot faster.”

The Ridgeland, S.C., native foresees the command continuing to work outsourcing and privatization hard, but he emphasizes the importance of doing it right.

“There are probably many things, at first glance, that would appear to be absolutely right to outsource or privatize; but they actually may be the wrong things. Therefore, we need good tools for analysis of each area to ensure we keep ‘in-house’ those functions that should be kept.”

Developing the right tools to measure O&P may not be easy, according to Newton, who led the initial air staff movement during his previous assignment as Air Force assistant vice chief of staff. “It’s important to realize that once you move a process outside of the command—to the private sector—it will be very difficult to reverse that action,” said the general. “Therefore, I will depend on my

commanders in the field to ensure that we privatize the right things.

“AETC is a command that the Air Force and I are particularly proud of because of your progress in O&P,” added Newton. “AETC has done a lot of great work in this area. Vance AFB, (Okla.), has been a true success story. We want to look for opportunities for other successes. If the opportunities are there, we should take advantage of them and ensure our Air Force remains the world’s greatest Air Force.”

As we continue to deal with changes, mentoring becomes more important, Newton stressed.

“Changes cause turmoil in the minds of our people, and they need to have someone to go to when they have questions. That translates to a mentor; someone who understands the Air Force

and what we are trying to accomplish,” he added. “Mentors should provide the guidance our young people need for a successful career and way of life, whether it’s in the Air Force or back in the civilian community. We need them to be good productive citizens no matter where they are.

“Mentoring also translates back into leadership,” he added. “You don’t have to be assigned to a leadership position to be a leader. There are lots of leaders out there at various levels throughout the rank structure. The senior leadership needs to emphasize to the rest of the force that we all need to take on the responsibility for caring for each other. Our people need to feel they are in an environment where they have an opportunity to turn to someone to turn to if a problem arises.”

Newton concluded, “It’s a distinct honor and privilege for me to have the opportunity to be the commander of ‘The First Command.’

“The First Command’ is important because it lays the foundation for our people to serve in the Air Force and the nation. I’m pleased to have the opportunity to help shape the future Air Force leaders. Elouise and I look forward to meeting and working with the people in the command, and getting to know the community leaders where our training bases are located. We hope to visit you soon.”

## Can I destroy copies of my tax return after one year?

The IRS has a more than one-year lag time in auditing returns. Also, people may discover a mistake in a prior year’s return and need to amend it. People should keep a copy of their tax return, worksheets, W-2s and 1099s, and records of all items appearing on the return until the statute of limitations runs out for that return. The statute of limitations for a return is usually three years from the date the return was due or filed, or two years from the date the tax was paid, whichever is later. Some records, however, such as real estate documents, and brokerage statements on stock transactions, should be maintained until people dispose of the property. Also keep records on all contributions to nondeductible IRAs until all IRA funds are withdrawn. People who have lost or destroyed a copy of a prior year’s tax return can get a copy by filing Form 4506, Request for Copy of Tax Return, along with the required fee to the IRS service center where the return was filed.

## Tax tip



## Volunteers needed for cemetery ceremony

The wing needs volunteers to serve as escorts and ushers for distinguished visitors during the May 26 memorial ceremony at the Cambridge American Military Cemetery. People interested should call Capt. Steve Sales at Ext. 7121 or Capt. Joe Browning at Ext. 2012.

## Wing smashes past AFAF fund-raising goal

Members of RAF Lakenheath raised more than 120 percent of the finishing goal in this year's Air Force Assistance Fund campaign.

As of late last week, more than \$47,000 had been raised for the fund, according to 2nd Lt. Evan Pitts, wing project officer for the AFAF fundraiser. That's more than \$7,000 above the wing goal of \$39,183.

"My hat's off to everyone who contributed to this year's AFAF campaign," said Col. Doug Richardson, 48th Fighter Wing commander.

"The AFAF is a marvelous charity that supports the Air Force family in times of need. The fact that we beat our fund-raising goal proves how strong our community really is."

## Center explains wear of badges for combined career fields

RANDOLPH AFB, Texas (AFNS)—Occupational badges were recently approved for those who became communications and information officers and manpower and personnel officers.

Officers in former Air Force Specialty Codes 13BXF, adjutants; 33SX, communication-computers; 33VX, visual information; and 37AX, information management, who integrated into the communications and information career field, will wear the communications and information badge and maintain the same level — basic, senior or master — as worn on their previous occupational badges, officials at the Air Force Personnel Center said.

However, as of Nov. 1, 1996, stars and wreaths are "earned" on the new communications and information badge only.

Former information management officers who integrated into the mission support, personnel career field (36XX), may also wear the manpower and personnel badge at the same level — basic, senior or master — as worn on their previous badge.

IM officers who crossflowed into the personnel career field prior to Nov. 1, 1996, may

use their previous IM time to upgrade to the senior badge at the seven-year point and the master badge at the 15-year point, personnel officials said. This is because many former IM officers (e.g., squadron section commanders and unit executive officers) were responsible for overseeing personnel programs within their organizations.

Those IM officers previously awarded the information management badge can continue wearing the IM badge; however, if more than one badge is worn simultaneously, the badge reflecting their current job is worn in the top position.

AFPC is incorporating the changes to the occupational badges into Air Force Instruction 36-2923 covering aeronautical, duty and occupational badges.

For more information on badges and their wear, contact the military personnel flight at Ext. 1845. (Courtesy of AFPC news Service)

## Air Force suspends Zenith DT-V contract

MAXWELL AFB, GUNTER ANNEX, Ala. (AFNS)—Officials at Standard Systems Group headquarters announced April 1 the immediate suspension of government computer orders from the Zenith Data Systems Desktop V Contract. The contract number is F01620-96-D-0003.

The suspension was based on ZDS' failure to sustain an acceptable level of performance on delivery and warranty, said Robert A. Frye, SSG's executive director.

He also said no new orders will be placed with ZDS at this time.

"Our prime concern is our government and Air Force customer," Frye said. "ZDS remains under contractual obligation to complete delivery on existing orders, and provide warranty service for five years and software upgrades for three years."

The ZDS delivery orders currently at the Air Force Central Order Processing Office and in the pipeline will be returned immediately to the appropriate issuing contracting offices. Customers may address questions to Veronica Alexander, Desktop V ZDS contracting officer, (334) 416-3377; or Capt. Wes Boychuk, Desktop V ZDS project manager, (334) 416-3282. The DSN prefix for Alexander or Boychuk is 596.

Contract offices may issue no-cost cancellation modifications to delivery orders, said Alexander. All modifications to delivery orders ZDS has already accepted will be forwarded to ZDS immediately.

"We didn't take this action lightly," said Frye. "Protecting our customers and the taxpayers' dollars is foremost in our mind and I want to assure the SSG customers that we are still here to serve their computer needs through the Hughes contract and other alternative sources of supply."

Standard Systems Group will post updates to this announcement on its web page at <http://www.ssg.gunter.af.mil/>, said Frye.

# Liberty Warrior

"Can do" person of the week



Photo by SSgt. Valerie Weaver

## SSgt. Daniel Clappitt

### 48th Communications Squadron

**Hometown:** Phoenix, Ariz.

**Time in service:** 10 years

**Time on station:** Nine months

**Role in mission:** I am the assistant NCO in charge of the customer support work center. I manage the computer help desk, job control and message center. These areas provide the 48th Fighter Wing with one point of contact for help with command and control, communication and computer outages as well as worldwide message services.

**Hobbies:** Fishing and metal detecting.

**Where do you see yourself in 10 years?** Teaching.

**What do you like most about Britain?** The history.

**What would you do to make things better at RAF Lakenheath?** I would provide curtains to families moving into family housing.

**What is your greatest achievement?** Being selected to work with Magnavox Corp. to upgrade a \$50 million mobile communications package

**Why did you join the Air Force?** For the educational benefits as well as travel opportunities.

**Who is your role model and why?** Bob Dole. After being left for dead on the battle field and overcoming crippling injuries, he rose to political office to ensure democracy for us all.

**What do you like best about the Air Force?** Working with people from all over the country and world.



# Volunteers fill 'jobs' throughout community

**Becky Papp**  
"Jet 48" correspondent

Thirty seven base agencies depend on volunteers to provide seamless service on a day-to-day basis throughout the RAF Lakenheath community. Hundreds of these volunteers will be honored Monday through April 19 during National Volunteer Week.

"Through Volunteer Week we hope to increase awareness and recognize volunteers," explains Gail Lyons-Roberts, volunteer resource program manager at the family support center.

Volunteers are at Girl Scout meetings, in the library, at the tax center, even in the squadrons. These people are members of the community who are generous with their time and effort. While most volunteers are dependents, approximately a quarter of the registered volunteers are active duty.

Capt. Susan Scrafford, 48th Services Squadron, who recently volunteered her time for the community activity center's production of "I Hate Hamlet," volunteers for many reasons.

"The reward really is tangible," explains Scrafford, "in the friends I have made." Scrafford is volunteering at the CAC again, this time as the vocal director for their next production, "Little Shop of Horrors."

There is also an active retiree volunteer community. The Lakenheath retiree activities office contributed 4,857 volunteer hours in

1996. Among their efforts, volunteers worked on a web page, and edited a guide for retiring in the United Kingdom.

"People volunteer for many reasons," says Rose Pittman, volunteer resource program manager. "To get out of the house, to gain or keep skills, or to help with their job search. And some people just like to help others."

Both the Red Cross and the family support center have openings for volunteers across the base.

The Red Cross has positions available mainly at the school and in medical facilities.

The family support center manages the volunteer resource program. Anyone who is interested in volunteering can go to the volunteer resource program office and see the "job descriptions" available at various agencies.

Organizations such as the child development center or the youth center develop a list of needs into a job description with the help of the resource program. Prospective volunteers can look for areas of interest and "apply" for the positions at the agency.

The volunteer resource program is coordinating a volunteer luncheon as one of the activities during volunteer week. During the



Photo by SSgt. Steve Ball

**Doreen Eimers, Red Cross volunteer with the First Steps program at the hospital, has been volunteering for more than five years.**

luncheon, free child care is provided for volunteers.

"Through volunteer week we hope to increase awareness and recognize volunteers," explains Lyons-Roberts.

Lakenheath currently has nearly 650 people working as volunteers who are contributing thousands of hours a month to the base community.

People interested in volunteering can call Red Cross staff, at Ext. 1855 or Pittman at Ext. 3847.

**Renee Sercovich**  
places a book  
back on a shelf  
at the library.

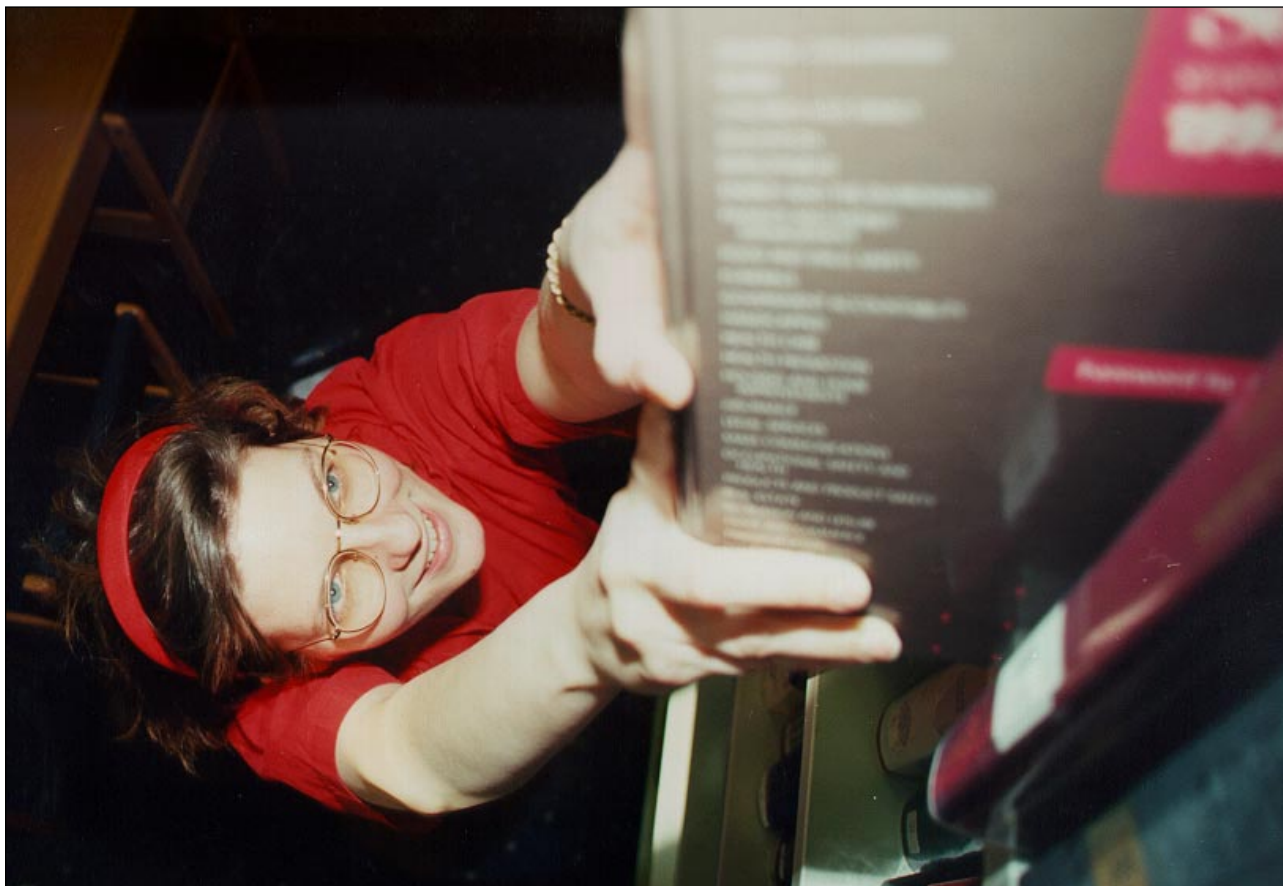


Photo by SSgt. Steve Ball



**Tinisha Agramonte, volunteer program assistant (right), discusses volunteer options with Sonya Jones who currently volunteers at the Air Force Audit Agency.**

Photo by SSgt. Scott Davis

## National Volunteer Week activities

### Monday

A volunteer awareness table is at the base exchange from 10 a.m. - 1 p.m. Learn about the many volunteer agencies and the various volunteer positions throughout the base. Stop by to find out which is right for you

Volunteer workshop: Clothes and colors is from 1 - 3 p.m. at the community activity center. Get maximum use out of those odd pieces of clothing in your wardrobe, and learn how to accessorize. Limited seating. To sign up, call Ext. 3847.

### Tuesday

Free volunteer trip to Norwich from 9 a.m. - 5 p.m. Open to all volunteers. Take this opportunity to meet new friends, even if you've been before you've never been with us. Registration is required.

### Thursday

Volunteer recognition luncheon from 11 a.m. - 1 p.m. in the officers' club ballroom. The 48th Fighter Wing will take this opportunity to say "thank you" to our volunteers for the time, dedication and support they provide the Liberty Wing community. Free child care is provided on a first-come, first-served basis for volunteers attending the luncheon.

For more information, call the family support center staff at Ext. 3847.



Photo by SSgt. Steve Ball

**Holly McMannes replaces combination locks on post offices mail boxes.**



### *Red Cross recognizes volunteers*

The Red Cross recognized it's volunteers at a recognition luncheon April 2. Nearly 300 volunteers contributed more than 50,000 hours to the Laiberty Wing from March - December 1996.



## Volunteering in the local community

By Linda Laws  
Community relations advisor

It is a sad fact in our society today that at any point in time there will be individuals or groups needing help. On the other hand, it is comforting to know that there are more individuals and groups ready and willing to give at least some of the help that is required.

Within the local community there is no shortage of opportunities to help. Charity and helping organisations are always in need of more support. Although monetary donations are welcome, there are many other ways in which you can help. Buying goods at a charity shop, volunteering to read for the visually impaired, or donating time in a local animal sanctuary are some ways. So, how do you find out about what is required?

### Volunteer Bureaux

In order to try to coordinate the activities of the many volunteer organisations that operate in our local area, a number of bureaux have been established.

Forest Heath have a mobile volunteer bureau that covers Brandon, Mildenhall and Newmarket. Their vehicle is located in High Street, Newmarket, between 10 a.m. - 2 p.m. Tuesdays, Market Square, Brandon on Thursdays between 10 a.m. - 1 p.m., and Jubilee Way, Mildenhall on Fridays between 10 a.m. - 2 p.m. If you would like to help but cannot visit the bureau during the above hours, you can leave a message on (0850) 989541.

Bury St. Edmunds has a volunteer centre at 86 Whiting Street Tel: (01284) 766126.

Ely and District volunteer bureau is located at 41 Fore Hill, Ely Tel: (01353) 666556.

From discussions with each of these offices, the biggest need at the moment is for transport providers, befrienders - particularly for people with learning disabilities - and gardeners.

### Organisations that help people

#### St. Louis Family Service

This organisation would like to hear from you if you have any furniture to dispose of, especially when you PCS. One of the activities of the St. Louis Family Service is their Gatehouse furniture and recycling project. The project, launched in 1990, has grown rapidly and now helps in excess of 1,000 families and individuals a year. Other activities include the St. John's Day Centre in Mildenhall, which provides companionship and welcome change of scene for elderly people in the community, and the St. Louis Outreach Group in Bury St. Edmunds, which provides befriending and counselling to local families, the elderly and the housebound.



Photo by XXXXX

**Members of the 3rd Air Force Airman Leadership School and local community members volunteered Saturday to clean up the cemetery in Mildenhall.**



**For more information about living in Britain, call me at Ext. 3145.**

If you would like to know more, please contact the service in Bury St. Edmunds on (01284) 754967 or Mildenhall (01638) 718066.

### Race for Life - Imperial Cancer Research Fund

Especially for women, the Race for Life is a 5-kilometre walk/run that raises funds for research into cancers that affect women. There are 32 races planned in various locations in the United Kingdom. The nearest to the base takes place at the University of East Anglia, Norwich, on June 22. If you are interested, call the entry hotline on (0990) 134314.

The Cancer Research Campaign have shops in Bury St. Edmunds, Cambridge and Ely, which are staffed by volunteers who sell goods to raise funds for their campaign.

### Support groups

As well as the fund-raising aspect of charities, there are numerous help groups set up for most of the diseases affecting people. These groups can be a great help to family members and relatives suddenly faced with an illness or unforeseen situation, and outside help is gratefully received. The Yellow Pages lists a number of such organisations under the heading

'charitable and voluntary organisations.'

### Citizens Advice Bureau (CAB)

This volunteer organisation provides free and independent advice on a range of topics including legal matters, consumer issues and housing problems. The bureaux are staffed by volunteers who are highly trained but not necessarily specialists. Local citizens advice bureau's are located in Mildenhall (01638) 712094 and Brandon (01842) 811511.

### Organisations that help animals

There are occasions when families have to unwillingly give up pets, and there are shelters set up to deal with such occurrences. Shelters will do all in their power to re-home such animals - even asking the public to sponsor pets so as they can continue to live. In the local area, The Blue Cross Charity and the Cats' Protection League are among those who have helped base personnel. The Royal Society for the Protection of Animals also does a grand job with animal welfare.

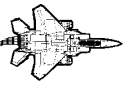
#### The Blue Cross

Based in Garlic Road, Cambridge, the Blue Cross will be celebrating 100 years of animal care this year. Their primary job is to look after cats, but currently have two rabbits named Hans Solo and Princess Leah. To mark their centenary there will be an open day at the centre May 3, a sponsored walk through the city May 4 and a pet day at Milton Country Park May 5.

If you would like to talk to someone from the charity, Blue Cross will have a booth at the RAF Mildenhall Air Show. You can also call them on (01223) 350153.

These are just a few suggestions, but there are many others. If you need help in getting information, please give me a call.





For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

## Car wash

A car wash is from 9:30 a.m. - 3:30 p.m. Saturday at the RAF Lakenheath Elementary School base campus across the street from the gym. Students will use money raised to help pay for an upcoming school trip. For more information, call Linda Paladini at (01842) 828671.

## AFA luncheon

An Air Force Association luncheon is at 11:30 a.m. Tuesday in the RAF Mildenhall Officers' Club. Anyone interested in joining may attend. Cost is \$7.25. For more information, call Capt. Mike Convertino at Ext. 3755.

## Lost, found

The 48th Security Police Squadron is responsible for lost-and-found items. For details, call Ext. 2447.

## Central Texas College

Central Texas College offers associate degrees in child development, emergency medical technician, law enforcement and paralegal. For more information, call Karla Akin at Ext. 3177.

## Pentney Abbey trip

The RAF Lakenheath Enlisted Spouses

Club sponsors a trip to Pentney Abbey for a medieval dinner with entertainment, music and dancing from 6 p.m. - 1 a.m. April 19. Cost is £20 and includes transportation. For more information, call Marcia Aevermann at (01638) 533533.

## ESC meeting

The RAF Lakenheath Enlisted Spouses Club meets at 7 p.m. April 21 at the Liberty Club. For more information, call Marcia Aevermann at (01638) 533533.

## Tailor shops close

The tailor shops at RAFs Lakenheath and Mildenhall are closed April 18 - 24. The shops will reopen April 25 with new management. For more information, call the Army and Air Force Exchange Service at Ext. (01638) 533861.

## Craft fair

A craft fair is from 10 a.m. - 5 p.m. Saturday in the RAF Alconbury Community Activities Center (near Burger King). Vendors will display arts, collectibles and small antiques. The fair is open to all military identification holders. All proceeds go to charity. For more information, call Sharon Swanson at (01480) 414828.

## Asian/Pacific Islander activities

The Asian/Pacific Islander Month committee meets at 2:30 p.m. Thursdays at the community activities center. For more information, call SSgt. Sam Durso or SSgt. David Hodges at Ext. 4569.

## Earth Week activities

RAFs Lakenheath and Mildenhall are competing to see which base can recycle the most cans April 22 and 23 in observance of

Earth Week. People should bring cans to the recycling centers near the self-help store or outdoor recreation. The Earth Day committee will present a trophy to the base that recycles the most materials. For more information, call Rex Keegan at Ext. 3988.

To show concern for the environment, people are encouraged to ride bicycles to work April 21 - 25. The Pedalers Bike Shop offers free bicycle safety checks and gives a five-percent discount on new bicycles to people who state, "Earth Day is bike day."

People can get cars tuned up at the auto hobby shop for \$12.50 during Earth Week. Customers must supply necessary parts.

## Adoption and fertility workshop

An adoption and fertility workshop is from 12:30 - 2:30 p.m. Sunday in the family support center conference room. This is the first of several workshops. For more information, call Ext. 3847.

## Protestant men's retreat

The 1997 Protestant Men's Retreat is May 16 - 18 at Letton Hall, near Shipdham, Norfolk. Bob Reehm, career missionary to the military, is the guest speaker. For more information, call Mike Pratt at (01638) 533108 or the chapel at Ext. 3711.

## Spring fashion show

Syene Temple #193 sponsors a "Sounds of Motown" spring fashion show May 3 at the Newmarket Celebrities cabaret club. Cost is \$10 or \$15, depending on seating. For more information, call MSgt. Jesse Turner at Ext. 5443.

See Community page 18

# Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

## European job fair

A briefing is 1 - 4 p.m. Wednesday in the family support center conference room for people planning to attend the 1997 Department of Defense European Job Fair. Briefers will provide information on job fair events and

how people should present themselves to recruiters while at the fair. Those attending the fair must have a completed resume to secure free bus transportation and job fair entrance. For more information, call the family support center staff at Ext. 3847.

## Volunteer info fair

A volunteer information fair is 10 a.m. - 1 p.m. Monday at the main exchange. Information will be available about volunteer agencies and volunteer positions throughout the base.

## Shopping in the UK

A briefing on shopping in the

United Kingdom is 11:30 a.m. - 12:30 p.m. Monday in the family support center conference room. Linda Laws, RAF Lakenheath community relations advisor, will answer questions and provide information on where to find the best bargains.

## Clothes, colors class

A clothes and colors class for volunteers is 1 - 3 p.m. Monday in the community activity center. The class teaches people how to get maximum use out of odd pieces of clothing and how to accessorize. Limited seating.

## Bus trips for volunteers

A "Do Your Own Thing in Norwich" bus trip for volunteers is 9 a.m. - 2 p.m. Tuesday. The trip is free and open to all volunteers. Registration is required.

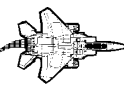
Sign up early to reserves space on the bus.

## Volunteer luncheon

A volunteer recognition luncheon is 11 a.m. - 1 p.m. Thursday at the officers' club.

## Special delivery

The "special delivery" class meets 9 a.m. - noon April 18 in the family support center. Topics include an overview of the book "Your Baby's First Year"; a financial presentation on budgeting for the new baby; and "Parenting 101" which covers basic parenting principles, information on building children's self-esteem, communication, effective discipline and redirecting misbehavior. Participants receive a free bundle of baby supplies.



## Community

From page 17

### Wellness fair

RAF Mildenhall's health and wellness and fitness and sports centers sponsor a wellness fair from 9 a.m. - 5 p.m. May 9. For more information, call Tenia Reyes at (01638) 547161.

### Job opening

The commissary seeks a sales store checker and store worker. Forms are available at the commissary administrative office from 8 a.m. - noon Tuesdays and Thursdays. U.S. citizenship is a requirement. For more information, call Ext. 3515.

### PACE activities

People Associated for Cultural Enrichment sponsors a bowl-a-thon from 1 - 4 p.m. April 19 at the bowling center. For more information, call Pat Greene at Ext. 3582.

### 493rd change of command

The 493rd Fighter Squadron change-of-command ceremony is at 10 a.m. April 18 in Hangar 7. For more information, call MSgt. Roberto Moreno-Almeida at Ext. 5513.

### Professional development

A wing lieutenants professional development program is May 7 - 9 at the officer's club. The program, sponsored by the company grade officers' council, focuses on leadership concepts and is designed to bridge the gap between a lieutenant's commissioning source and squadron officers school. All participants must have at least one year of commissioned active-duty service. For more information, call 1st Lt. Susan Pietrykowski at Ext. 5908 or 1st Lt. Troy Gilbert at Ext. 4244.

### Undley-to-Lakenheath road closed

The road between Undley and Lakenheath is closed through today for major road work. Alternative route through the area is the C602 via Hollywell Row and the B1122 via Eriswell.

### Health and wellness center

The health and wellness center sponsors the following activities:

❑ Back-pain classes are from 10 - 11 a.m. April 23. Discussions center around strengthening techniques, body mechanics and how to lift and sit correctly.

❑ A stress management course is from 1 - 3 p.m. Fridays through May 2. Attendance is not annotated in medical records.

❑ A tobacco cessation class is from noon - 1 p.m. Fridays from April 18 through June 6. Nicotine patches are offered for use during the course.

❑ People who want to know their body



Lakenheath Scrapbook

Photo by SrA. Jeff Capenos

**Two young members of the Liberty Wing inspect their harvest during the 48th Services Squadron Easter egg hunt March 29 at the Liberty Club.**

*People with community photos who would like them published in the "Jet 48" should bring them to the public affairs office in the wing headquarters building or call Ext. 5640.*

statistics and cholesterol level should make an appointment to have their body fat, height and weight measured and have cholesterol levels and blood pressure checked. People should not eat or drink anything except water for 12 hours before the appointment.

❑ For information on health, exercise, physical activity and fitness issues make an appointment with the exercise physiologist at the center.

❑ The center offers a variety of health literature, references, and video and audio tapes for checkout without charge.

❑ The center also offers the self-care program, which is designed to give all active-duty, Department of Defense members and their spouses information to make decisions on health care. People should contact their unit self-care facilitator for more information.

For more information on these programs, call the health and wellness center at Ext. 2710.

### Volunteers needed

The Jason Project VIII staff seeks volunteers to help in many areas including assisting students with equipment and working as guides. The project takes place April 28 - May 9. The hours are 9 a.m. - noon and 1:30 - 10 p.m. Mondays through Fridays and 12:30 - 10 p.m. Saturdays. For more information, call Ext. 7220.

### Blood drive

The blood donor center sponsors a blood drive Thursday. For more information or to make an appointment, call Ext. 6524.

### Logistics group banquet

The 1996 48th Logistics Group Profes-

sional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is at 7 p.m. Attire is semi-formal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For more information, call MSgt. Sylvester Thomas at Ext. 3157.

### Red Cross

❑ The Red Cross needs people to fill these positions: summer youth program chairman, hospital chairman, elementary school chairman, newsletter publicist, assistant chairman of volunteers and emergency message volunteer.

❑ Applications for the summer youth volunteer program are available at the Red Cross office, Bldg. 975. Deadline for application is June 1.

❑ A basic aid instructor class is April 21.

❑ A lifeguarding course pretest is April 22. Course dates are April 26 - 27, May 3 - 4 and 10 - 11.

For more information, call Ext. 1855.

### Air National Guard

The West Virginia Air National Guard has traditional openings for pilots, navigators and all enlisted Air Force Specialty Codes. For more information, call DSN 366-6126 or 1-800-228-1205. This number is not a free call outside the United States.

The California Air National Guard accepts Palace Chase and Palace Front applications for all E-5s and below who are qualified to cross-train into the following Air Force Specialty Codes: 2E1X1, 2E1X3, 2E6X2, 2E6X3, 2T4X1, 3E0X2 and 3E1X1. For more information, call MSgt. Ed Heinbaugh at DSN 359-9082 Ext. 562 or commercial (800) 352-1881.



## What's on at



Friday – April 11	Saturday – April 12	Sunday – April 13
<ul style="list-style-type: none"> <li>Crud tournament at the officers' club, 6 p.m. (Ext. 2535)</li> <li>Cajun lunch buffet at Liberty Club, 11 a.m. - 1:30 p.m. (Ext. 3869)</li> <li>13 and over skate night at the skating rink, 7 - 11 p.m. (Ext. 1607)</li> <li>Arthurian legend lecture at the library, noon - 1 p.m. (Ext. 3713)</li> </ul>	<ul style="list-style-type: none"> <li>KidFest 1997 at child development center and Liberty Park, 10 a.m. - 3 p.m. (Ext. 3829)</li> <li>Fish Where There's No Limit at the Liberty Club, all you can eat seafood buffet, 5 - 9:30 p.m. (Ext. 3869)</li> <li>"TJ McCall" plays at the rod and gun club, 8:30 p.m. - 2 a.m. (Ext. 2368)</li> </ul>	<ul style="list-style-type: none"> <li>ITT sponsors a trip to Leeds Castle or the Monarch vs. Frankfurt football game. (Ext. 2979)</li> <li>"Mangia Italiano" Sunday brunch at the Liberty Club, 10 a.m. - 2 p.m. Open to all ranks. (Ext. 3869)</li> <li>Woodturning class today at the woodcrafts center, 11:30 a.m. - 2 p.m. or 2:30 - 5 p.m. (Ext. 3367)</li> </ul>

### Youth Center essay contest

The youth center sponsors a sports essay contest on "Why Air Force Sports has been important to my family and me." The staff will submit the winner of the local contest to the Air Force level for a chance to win a free scholarship to the 1997 Baseball Academy Summer Camp at the Adidas Baseball Academy in Bradenton, Florida. The camp is during the week of June 22. For details and contest rules, contact Karl Pfoor, Ext. 3735. Deadline for entries is April 21. Applicants must be between 14 and 19 years on June 30 to enter.

### Arthurian legend series

The next Arthurian legend series lecture is today. The free lecture is from noon - 1 p.m. at the library and is about "Tristan and Isolde." Call Ext. 3713 for more information.

### KidFest '97

The child development center hosts

KidFest '97 from 10 a.m. to 3 p.m. Saturday at the center and Liberty Park. All children under 13 and their parents are invited to attend. There will be games, a bouncy castle, relays, face painting and much more. Call Ext. 3285 for more information.

### DJ challenge

The skating rink hosts a DJ challenge at 7 p.m. April 25. There are two heats — one for 13 - 17 year olds and one for 18 and over. Grand prize is tickets to the DMC vs. Technics DJ United Kingdom finals in Manchester. For more information, call Ext. 1627. All participants will get free T-shirts and the staff will hold prize drawings for people attending the event.

### Tower of London tickets

Information, Tickets and Tours now sells Tower of London tickets. Prices are £8.50 for adults and £5.60 for children. For more information, call Ext. 2979.

### Dog, puppy classes

The RAF Feltwell Community Activity Center offers dog and puppy obedience classes. Dog classes are at 7 p.m. Tuesdays for eight weeks. The price is \$45. Puppy classes are 9:30 a.m. Saturdays for six weeks. Puppy classes are \$30. Both classes are in Bldg. 21 at Feltwell. Call Ext. 7291 for details.

### Summer hours begin April 15

Outdoor recreation, equipment rentals and The Pedaler Bike Shop open for summer hours beginning Tuesday. The hours are: 10 a.m. - 6 p.m. Mondays, Tuesdays, Thursdays and Fridays; : noon - 6 p.m. Wednesdays; and 8 a.m. - 5 p.m. Saturdays and Sundays. For more information, call Ext. 2146.

### Aero club classes

The aero club offers two classes in April. Private pilot ground school begins Tuesday and instrument ground school begins April 21. Seating is limited, so register in advance. For prices or to register, call Ext. 3152.

## At the movies

### RAF Lakenheath

#### Friday

7 p.m. - "Fierce Creatures" (PG-13) An international company purchases a failing London zoo and decides the zoo will only house fierce predators. But the zookeepers want to keep their cute animals.

9:30 p.m. - "The Relic" (R) Starring Penelope Ann Miller and Tom Sizemore. An evolutionary biologist is plunged into a nightmare world when her friends and colleagues are slaughtered by a mysterious assailant.

#### Saturday

4 p.m. - "Zeus and Roxanne" (PG) A dog named Zeus and a dolphin named Roxanne form a unique relationship.

7 p.m. - "Beverly Hills Ninja" (PG-13) Starring Chris Farley and Nicolette Sheridan. A ninja's adopted son tries to follow in his father's footsteps but proves pathetic at martial arts.

9:30 p.m. - "Scream" (R) Starring Neve Campbell and David Arquette. Wes Craven's thriller creates turmoil in a quiet California town when a murderer makes young people his latest targets.

#### Sunday

4 p.m. - "Zeus and Roxanne" (PG)

7 p.m. - "Beverly Hills Ninja" (PG-13)

#### Monday

7 p.m. - "Beverly Hills Ninja" (PG-13)

#### Tuesday

7 p.m. - "Zeus and Roxanne" (PG)

#### Wednesday

7 p.m. - "Zeus and Roxanne" (PG)

#### Thursday

7 p.m. - "Scream" (R)

#### April 18

7 p.m. - "Space Jam" (PG) Starring Michael Jordan and Bugs Bunny. Jordan helps the cartoon characters win a basketball game against a team from outer space.

9:30 p.m. - "Scream" (R)

### RAF Mildenhall

#### Friday

7 p.m. - "Space Jam" (PG)

9:30 p.m. - "In Love and War" (PG-13) Starring Sandra Bullock, Chris O'Donnell and Aviano Milcom. Wounded on a battlefield in Italy, a Red Cross volunteer is taken to a hospital and cared for by an American nurse who saves his leg from amputation.

#### Saturday

7 p.m. - "The People vs. Larry Flint" (R) Starring Woody Harrelson and Courtney Love. This true life drama tells the story of magazine publisher Larry Flint, who takes his Hustler magazine free-speech battle against the anti-smut efforts of Jerry Falwell to the Supreme Court.

9:30 p.m. - "The Crucible" (PG-13) Starring Daniel Day-Lewis and Winona Ryder. The community of Salem, Mass., is dedicated to God. Suddenly, the devil is loose and the entire community is consumed by cries of witchcraft.

#### Sunday

4 p.m. - "In Love and War" (PG-13)

7 p.m. - "The People vs. Larry Flint" (R)

#### Monday

7 p.m. - "In Love and War" (PG-13)

#### Tuesday

7 p.m. - "In Love and War" (PG-13)

#### Wednesday

7 p.m. - "The People vs. Larry Flint" (R)


#### Thursday

7 p.m. - "The People vs. Larry Flint" (R)

#### April 18

7 p.m. - "The Crucible" (PG-13)

9:30 p.m. - "Star Wars" (PG) Starring Harrison Ford and Mark Hamill. The tale of the galactic civil war is back with more special effects and includes some scenes left off the original.



### Knights Table

**Today**  
Lunch: spinach lasagna, New England boiled dinner, baked fish  
Dinner: beef yakisoba, pork schnitzel, Newport fried chicken

**Saturday**  
Brunch: ginger pot roast, chicken tetrazzini  
Supper: steak smothered with onions, el rancho stew, teriyaki chicken

**Sunday**  
Brunch: baked corned beef, ginger-basted cod  
Supper: Baked Chicken and Rice, Szechwan Beef, Fish and Chips

**Monday**  
Lunch: beef balls Stroganoff, tuna-cheese macaroni, roast pork  
Dinner: baked stuffed pork chops, hot-and-spicy chicken, Cajun meatloaf

**Tuesday**  
Lunch: braised beef and noodles, jaegerschnitzel, creole shrimp  
Dinner: country-style steak, spaghetti with meat sauce, herbed baked spinach

**Wednesday**  
Lunch: fajitas, tacos, tamale pie  
Dinner: turkey stir fry, breaded liver with onion, herbed Cornish hen

**Thursday**  
Lunch: sweet-and-sour pork chops, baked fish with garlic butter, beef-and-corn pie  
Dinner: Swiss steak with mushroom, turkey pot pie, chicken lo mein

## Over-30 hoopsters stop Mildenhall's best

Control of the boards made the difference in Saturday's intramural over-30 basketball grudge match between Mildenhall's top team, the 95<sup>th</sup> Reconnaissance Squadron, and Lakenheath's 48th Security Police Squadron. Lakenheath's undefeated cops made use of their size advantage and held on for a 53 - 49 victory.

"It was tight all the way, but Lakenheath out rebounded us inside and that made the difference," said 95th RS assistant coach and guard Paul Manus, who was kept off the court during the game with a damaged Achilles tendon. "Their three big men inside were strong."

"We were very aggressive from the start and shot really

well in the first half," said Lakenheath forward Jeffrey Hunt.

It also didn't help that Mildenhall got off to a slow start.

"We began a little sluggish," Manus said, "and Lakenheath's team really played together well from the start. At one time, I thought they were going to blow us out."

The 95<sup>th</sup> squad slowly began to put it together though, according to Manus, and that's what kept them in the game.

At the end of the first half, Mildenhall was still paying for the slow start and poor early shooting - trailing by eight, 31-23.

With the beginning of the second half, Ron Pelham led the attack for Mildenhall. "Pelham

really carried the load for the whole team and provided most of the offensive power," said Mildenhall's Anthony Fleming. "He was all over the court, hitting from three-point range and stealing the ball ... he really carried us until he got into foul trouble."

With only 20 seconds remaining on the clock, it looked as if Mildenhall's time had come when the 95<sup>th</sup> pulled within a point of the security police on the strength of a three-pointer from Ernest Henderson. In a frantic finale, Mildenhall, had to intentionally foul to get control of the ball. The strategy didn't work as Gus Duncan sealed the victory for Lakenheath from the throw line.

"Mildenhall was a tough

team," Hunt said. "They hung in the game the whole way and were able to slow us down which is something the other teams (at Lakenheath) haven't figured out how to do yet."

According to Hunt, no team was able to get within 20 points of Lakenheath's security policemen during regular season over-30 play, and most didn't make it within 40.

"They (Lakenheath) played an outstanding game, both defensively and offensively," Fleming said of his rivals. "But we could have done better. Given another chance, we know we could have beat them."

(Courtesy of the 100th Air Refueling Wing public affairs office).

## Sports Shorts

### Soccer coaches needed

The youth center staff needs soccer coaches for the 5- and 6-year-old soccer league. Practices begin at the end of April and the season begins in early May. Coaching positions are available at both RAFs Lakenheath and Feltwell. For more information, call Karl Pfoor at Ext. 3735.

### Earth Day golf tournament

The Earth Day Challenge Cup golf tournament is April 18 at the golf course. Sponsors seek nine foursome teams from RAFs Lakenheath and Mildenhall. Entry fees are \$15 per person. For more information, call MSgt. Ed Spengler at Ext. 2583.

### Skating rink

The skating rink books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. For more information, call Ext. 1627.

### Softball

The fast-pitch softball team seeks players to compete in the London men's fast-pitch league and in international tournaments on the European continent. For more information, call Earl Hicks at Ext. 2169.

### Advance green fee registration

The golf course now renews annual memberships. The advance green fee registration prices are: E-1 to E-4, - \$215 per year or \$18 a month; E-5 to O-3 - \$300 per year or \$25 per month; O-4 and above - \$350 per year or \$30 per month. For more information, call Ext. 2223.

### Aero club/golf course promotion

The golf course and the aero club offer a joint special during April. Purchase a discovery flight for \$25 at the aero club and receive a free round of golf and a lesson. Or, purchase a round of golf for \$8 - \$12 and a golf lesson for \$15 and receive a free discovery flight from the aero club. For more information, call Ext. 3152 or 2223.

### Locker evaluation at base gym

The fitness and sports center conducts an annual locker assignment evaluation until May 1. Anyone assigned a locker must come into the center to reapply for their locker. All locker holders should complete the locker form between 8 a.m. - 5 p.m. before April 30. For more information, call Ext. 3607.

### Sign-ups for softball, soccer

The fitness and sports center has sign-up sheets for men's and women's varsity softball and soccer. For details, contact SrA. John Gill at Ext. 2391.

### Softball intramural season

The men's and women's intramural softball season begins May 5. Deadline to register is April 28. A coaches meeting is at 10 a.m. Tuesday in the health and wellness center conference room. For more information, call Ext. 3879.

### RAF Feltwell step classes

Step aerobics classes are 7 - 8 p.m. Mondays, Tuesdays and Thursdays at the RAF Feltwell Elementary School. For more information, call Ext. 5076.

### April special at pool

The swimming pool offers 10 percent off all Sprint products throughout April. For more details, call Ext. 2815.

### Wellness fair

The RAF Mildenhall health and wellness, and fitness and sports centers sponsor a wellness fair 9 a.m. - 5 p.m. May 9. For more information, call Tenia Reyes at (01638) 547161.

### Intramural golf meeting

The fitness and sports center sponsors an intramural golf meeting at 9:30 a.m. April 18 for all team captains, league secretaries and anyone who is interested in playing golf. For more details, call SrA. Jennifer Major at Ext. 3879.

### Liberty Lanes' 30-game offer

Liberty Lanes offers a "Push up the Daisies" 30-game punch card for \$25. The cards are valid until June 30 and may be used any time. Call Ext. 2108 for details.

### Varsity softball coach

The fitness and sports center needs a varsity coach for men's softball. Submit a resume to the varsity director by April 15. For more information, call SrA. John Gill at Ext. 2391.

### Softball clinic

The 1997 USAFE Softball Clinic is April 17 - 18 here. The clinic is open to all players, coaches and officials. For more information or to register, call Ext. 2391.